

City of Durham Fire Department Physical Agility Test

Flexibility: The applicant is seated on the floor with legs fully extended against a box directly in front of him/her. The applicant's reach is then measured by slowly stretching forward with fingers extended and knees flat on the ground. The farthest distance of three tries will be the applicant's score. All applicants must reach at least 15 inches to pass this test.

- *Job relatedness: This task measures flexibility needed for firefighting duties.*

Obstacle Course-The obstacle course is completed while wearing a weighted vest. Time will start when the applicant grabs the hose coupling and will stop when the nozzle reaches the fourth floor window.

- **Hose Coupling:** The hose coupling task requires that the applicant stand 15 feet from a deluge gun (piece of firefighting equipment). The object is to couple two sections of 2-1/2 inch hose to the deluge gun. The two sections of 2-1/2 inch hose are placed so that the threaded ends are one foot from the deluge gun. When instructed, the applicant will run toward the end of the hose and pull the ends toward the deluge gun. The applicant then connects each line by twisting the connector in a counter-clockwise direction. When both sections of hose are tight the applicant moves to the stair climb.
- **Stair Climb:** The applicant then will ascend four flights of stairs to the fourth floor window where he/she will complete the hose hoist.
- **Hose Hoist:** On the fourth floor the applicant will be required to hoist one section of 2 1/2" diameter hose, with a nozzle attached, from the ground to the window's ledge.

All applicants must complete the obstacle course (hose coupling, stair climb, and hose hoist) within 70 seconds to pass this test.

- *Job relatedness: Shows coordination, physical agility, strength, endurance, and aerobic capacity.*

Claustrophobia: The applicant, wearing a blacked-out facepiece and weighted vest, will enter the interior of a building that has been constructed in a maze-like fashion. The applicant, using the wall for guidance, will crawl on his/her hands and knees until he/she reaches the end of the course. All applicants must reach the end of the course within five minutes to pass this test.

- *Job Relatedness: Firefighters are often required to operate in confined spaces and in zero visibility while wearing SCBA.*

Rescue Drag: This task requires grasping a 160-pound mannequin and dragging it a distance of 100 feet. The test should be completed without stopping. While stopping does not automatically disqualify an applicant, it will penalize him/her in terms of seconds used to complete the task. All applicants must complete the drag within 40 seconds to pass this test.

- *Job Relatedness: This test simulates a rescue procedure involving an unconscious individual.*

Ladder Lift: The applicant starts in a squat position at the tip of the ladder. Holding the ladder by the beams on both sides, the applicant will stand erect and lift the ladder by using his/her legs rather than his/her back. After standing with the ladder at waist level, the applicant immediately brings the ladder to shoulder level and then presses it over his/her head with the arms fully extended. A 35-foot extension ladder will be used. The applicant's arms must be extended and in a locked position for a period of at least two seconds to ensure control of the ladder.

- *Job Relatedness: This test measures an applicant's upper body strength by completing a necessary fire ground function.*

Ladder Climb: The applicant will climb a 35-foot extension ladder that is leaning against the side of a building. The base of the ladder will be anchored. The applicant will be instructed on how to maneuver into the proper firefighter safety position on the ladder. Once the applicant is safely anchored onto the ladder, he/she will be given an order to lean away from the ladder. The applicant must be able to comply within 30 seconds to pass this test. The Training Staff will provide continuous instruction.

- *Job Relatedness: Firefighters are often required to work from heights as high as 100 feet.*

Run : The applicant will be instructed to run a pre-marked 1.5 mile course in an allotted amount of time. All applicants must complete the run using the chart below:

	Age 18-29	Age 30-39	Age 40-49	Age 50-59
Event – 1.5 Mile Run – Applicant must score this time or less.				
Male	11:58	12.25	13.05	14:33
Female	14:15	15:14	16:13	18.05

- *Job Relatedness: This test gives an indirect assessment of aerobic power, which has been shown to be one of the highest physical factors necessary for firefighters.*

Physician's Statement

I have read the physical fitness test description and attest that the applicant, _____
_____, is able to perform the activities as described.

Signature of Physician

Date

Physician Name, Address, and Phone Number (Please Print or Type)